

## CLAIMS

1. A therapy apparatus comprising:  
a container having an interior volume and having an opening providing access to said interior volume, and  
a plurality of massaging elements freely located in the interior volume of the container, wherein each massaging element has a generally spherical exterior and has a plurality of protrusions projecting from said generally spherical exterior, whereby a patient who inserts his hand into the container through the opening and moves his fingers among the plurality of massaging elements is stimulated by massaging elements contacting his fingers both at the front and at the back of the hand.
2. An apparatus according to claim 1, wherein the massaging elements are of multiple colors.
3. An apparatus according to claim 1, wherein each massaging protrusion projecting from the generally spherical exterior of a massaging element is substantially equal to the distance from at least three other protrusions.
4. An apparatus according to claim 1, wherein the opening of the container is of smaller cross-sectional area than said interior volume.
5. An apparatus according to claim 1, wherein at least one of the massaging elements is hollow and contains an active element.
6. An apparatus according to claim 5, wherein the active element is a magnet element, a heat-emitting element, a sound-emitting element, or an aroma-emitting element.
7. An apparatus according to claim 1, wherein said plurality of massaging elements comprises multiple sets of massaging elements and each set of massaging elements

comprises multiple massaging elements ranging in diameter from about 23-27 mm to about 35-40 mm.

8. An apparatus according to claim 1, wherein said plurality of massaging elements comprises multiple sets of massaging elements and each set of massaging elements differs from the other sets of massaging elements with respect to color.

9. An apparatus according to claim 8, wherein each of the massaging elements is hollow and contains an active element.

10. An apparatus according to claim 9, wherein each active element is a magnet element, a heat-emitting element, a heat-absorbing element, a sound-emitting element, or an aroma-emitting element and each set of massaging elements differs from the other sets of massaging elements with respect to the nature of the active element, whereby color of a massaging element is associated with the nature of the active element.

11. An apparatus according to claim 1, wherein the number of massaging elements is such relative to said interior volume of the container that there are at least two layers of massaging elements in the container.

12. An apparatus according to claim 1, wherein the massaging elements are all of the same size.

13. An apparatus according to claim 1, wherein the massaging elements are all of different respective sizes.

14. A method of administering therapy comprising: providing a container having an interior volume and having an opening providing access to said interior volume, there being a plurality of massaging elements freely located in the interior volume of the container, wherein each

massaging element has a generally spherical exterior and has a plurality of protrusions projecting from said generally spherical exterior, and

instructing a patient to insert his hand into the container through the opening and move his fingers among the plurality of massaging elements, whereby the patient's fingers are stimulated by massaging elements contacting the fingers both at the front and at the back of the hand.

15. A method according to claim 14, comprising diagnosing a condition of a first patient and associating a first set of massaging elements with the diagnosis, diagnosing a condition of a second patient and associating a second set of massaging elements, different from the first set, with the diagnosis of the second patient, placing the first set of massaging elements in the container, instructing the first patient to insert his hand into the container and move his fingers among the first set of massaging elements, removing the first set of massaging elements from the container, placing the second set of massaging elements in the container, and instructing the second patient to insert his hand into the container and move his fingers among the second set of massaging elements.

16. A method according to claim 14, comprising diagnosing a condition of a patient and associating at least first and second sets of massaging elements with the diagnosis, placing the first set of massaging elements in the container, instructing the patient to insert his hand into the container and force his fingers among the first set of massaging elements, removing the first set of massaging elements from the container, placing the second set of massaging elements in the container, and instructing the patient to insert his hand into the container and force his fingers among the second set of massaging elements.

17. A method according to claim 16, wherein the first set of massaging elements are the same as each other with

respect to at least one of color and size, the second set of massaging elements are the same as each other with respect to at least one of color and size, and the first and second sets of massaging elements differ from each other with respect to at least one of color and size.

18. A method according to claim 16, wherein each massaging element contains an active element and the first and second sets of massaging elements differ from each other with respect to at least one of size, color and a characteristic of the active element.

19. A method according to claim 14, comprising placing liquid in the container with the massaging elements.

20. A massaging element having a generally spherical exterior and a plurality of substantially conical protrusions projecting from said generally spherical exterior, wherein the locations of the protrusions are selected by a method that comprises inscribing a spherical surface with a polyhedron composed of a plurality of regular polygons each having a center and multiple vertices, each vertex being common to exactly three polygons, and mapping the centers and the vertices of the polygons from the polyhedron onto the generally spherical exterior of the massaging element.

21. A massaging element according to claim 20, wherein the massaging element is hollow and contains an active element.

22. A massaging element according to claim 21, wherein the active element is a magnetic element.

23. A massaging element according to claim 21, wherein the active element is a heat-emitting element, a heat-absorbing element, a sound-emitting element, or an aroma-emitting element.

24. A massaging element according to claim 20, wherein the massaging protrusions are substantially conical.

25. A massaging element according to claim 20, wherein the massaging element is composed of two hemispheres provided with mating hollow cylindrical fastening elements each having interengaging latching members to prevent separation of the hollow hemispheres.

26. A massaging element according to claim 20, wherein the massaging element is composed of two hemispheres provided with mating fastening elements that allow relative rotation of the two hemispheres.

27. A massaging element according to claim 20, wherein the massaging element is composed of two hemispheres provided with mating fastening elements that allow limited relative linear movement of the hemispheres, and the massaging element further comprises a resilient member accommodated in the interior of the massaging element for urging the hemispheres apart.

28. A massaging element according to claim 27, wherein the resilient member is a compression spring.

29. A massaging element according to claim 20, wherein the massaging element comprises an electrifying material.